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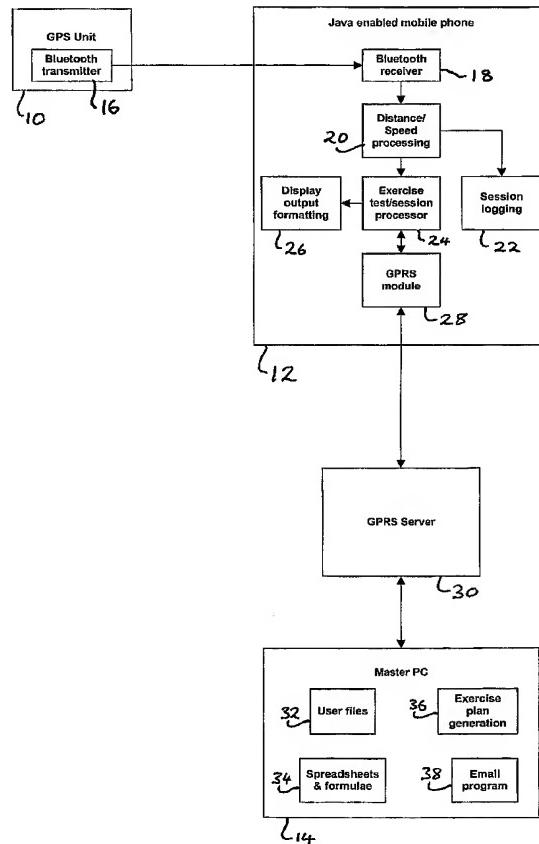
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(54) Title: EXERCISE MONITOR



(57) Abstract: A device for measuring the aerobic capacity of a subject, has an input for receiving a measurement of distance travelled in a given time. The time is chosen to be sufficiently large to ensure that the user is working at the maximum of his or her aerobic capacity. A processor determines from the values of distance and time an aerobic capacity, and a measure of exercise level is output to the user based on the calculated aerobic capacity. The calculated aerobic capacity conforms to the relationship expressed as: $V02\text{max} = a + bx + c (x^2)$ wherein $V02\text{max}$ is the maximal oxygen consumption of a user; a , b and c are non-zero constants, and x is a measure of distance per unit time.

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